

# Golf

## Strength Training



## Golf Weight Training Basics

- The golf weight training program below is split into **3 phases**. Each phase is simply a period of time in which you train in a particular way to achieve a particular objective. The exercises are different in each phase and build on the ones performed previously. Each phase requires only 2 sessions a week commitment.
  - Warming up is essential before a round and there are scientific studies to back this up. It's also important to warm up before each golf weight training session. Perform 5-10 minutes of light aerobic exercise (jogging, stationery bike, cross trainer etc.) and then do some stretches to all the major muscle groups.
  - Some of the exercises below are unique and you may not be familiar with them. It's important to master correct technique and you can only do this by first using very light weights. Spend at least a session of two becoming familiar with the exercises without resistance.
  - It goes without saying that if any of the exercises cause you pain or discomfort you should stop them immediately.
  - Sets and repetitions are indicated below. To make gains in strength you have to overload your muscles above and beyond what they are comfortable with. That means the last few sets should be difficult. If a target of 10 repetitions is set and you can perform 12 with ease, the weight is too light. Similarly, if you can only perform 6-8, the weight is too heavy and you need to decrease the resistance.
  - Each routine below is performed twice per week. But avoid training on back-to-back days. In fact ideally leave at least two days between golf weight training sessions. You should also avoid strength training the day before a competition or important 18 holes.
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### Phase 1 - Build a Solid Foundation

The off-season (usually winter) when you play no competitions and less golf, is the ideal time to start your golf weight training program. Of course, the timing may not fit and it's better to make a start now than to wait until next year. Remember though, whatever point your are in the year, always start with this phase.

The exercises in this phase of the golf weight training program are more conventional and use moderate weights. At this stage THE most important goal is prepare the body for more demanding sessions later on. It's also a time to address some of the imbalances inherent in many golfers.

The session is set up in as a **Circuit**. This simply means you perform one set of each exercise in succession with minimal rest between exercises.

Here are the parameters for the circuit training routine that makes up phase 1...

- **Time of Year:** Off-season/winter months
- **Phase length:** 8 weeks
- **No. sessions:** 2 x week
- **No. exercises:** 10
- **Resistance:** 50% 1 repetition maximum
- **Repetitions:** 15-20
- **No. circuits:** 2-3

- **Rest between exercises:** 30 secs
- **Rest between circuits:** 2-3 mins
- **Speed of lifts:** Smooth and controlled

And here are the exercises...

1. **Push-ups x 15-20**
2. **Alternating Squats with Press x 15**
3. **Lat Pull Downs (wide grip) x 15**
4. **Oblique Crunches x 20**
5. **Dumbbell Lunges x 10 (each leg)**
6. **Barbell Upright Rows x 15** 7. **Reverse Flyes x 15**
8. **Dumbbell Curls x 15**
9. **Back Extensions on Stability Ball x 20**
10. **Barbell Reverse Wrist Curls x 15-20**

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## Phase 2 - Develop Golf-Specific Power

Once you've built a solid foundation of strength, it's time to convert those gains into explosive power. The golf swing is a **powerful** movement - power being a combination of strength AND speed.

Just becoming stronger won't necessarily allow you to hit the ball further. Becoming stronger and then developing the ability to apply that strength **quickly** is the real key. That's how you'll increase club head speed and that's how you'll hit the ball farther.

The exercises below should be performed explosively (unless stated otherwise). On the contraction or the difficult part of the lift, aim to move the weight as quickly and forcefully as possible. Slowly lower the weight to the start position and repeat. **Do not LOCK joints out at any stage.** Always keep a degree of flexion in the elbows or knees for example.

Instead of circuit training format (where you move straight from one exercise to other) during these sessions you perform 2-3 sets of one exercise before moving onto the next.

Here are the parameters for this phase of the golf weight training program...

- **Time of Year:** Pre-season (to coincide with start of competitions)

- **Phase Length:** 6 weeks
- **No. Sessions:** 2 x week
- **session Length:** 40-60min (inc. warm up/cool down)
- **Resistance:** 60% 1 repetition maximum
- **Repetitions:** 10-20
- **Sets per exercise:** 2-3
- **Speed of lifts:** Explosive

And the exercises...

1. **Good Mornings to Shoulder Press x 10-12**
2. **Single Arm Dumbbell Rows x 12-15 (each arm)**
3. **Diagonal Medicine Ball Chop x 10-12 (each side)**
4. **Plyometric Push-Ups x 10-12**
5. **Dumbbell Squats and Rotational Swings x 10-12**
6. **Dumbbell Lateral Raises x 10-12**
7. **Standing Torso Twist x 10 (each side)**
8. **Reverse Crunch with Stability Ball x 20**
9. **Reverse Barbell Wrist Curls x 12-15**
10. **Barbell Wrist Curls x 12-15**

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## Phase 3 - Maintain Your Newfound Strength

Let's recap for a moment...

During the off-season (ideally) you've built a solid base of strength, which will help to balance your musculature. You then progressed onto a more golf-specific, more demanding 6-week routine to help develop your power...

Now the goal is to maintain those gains in strength and power that you've worked hard to develop.

The program below is an **example** of how you can achieve this. Of course it's always good to vary your program every 6 weeks or so. That you can avoid overworking certain muscle groups while neglecting others, plus it acts as mental stimulation.

Here are the parameters for this phase of the golf weight training program...

- **Time of Year:** In-season

- **Phase Length:** Indefinite
- **No. Sessions:** 1-2 x week
- **session Length:** 40-60min (inc. warm up/cool down)
- **Resistance:** 50-70% 1 repetition maximum (lighter loads for explosive exercises)
- **Speed of lifts:** Mixture of explosive exercises and controlled movements

And some sample exercises...

1. **Alternating Squats with Press x 15**
2. **Lat Pull Downs (wide grip) x 15**
3. **Oblique Crunches x 20**
4. **Push-ups (or front press) x 15-20**
5. **Dumbbell Lunges x 10 (each leg)**
6. **Standing Torso Twist**
7. **Single Arm Dumbbell Rows**
8. **Diagonal Medicine Ball Chop**
9. **Back Extensions on Stability Ball x 20**
10. **Reverse Barbell Wrist Curls**